

WHAT IS CLAIMED IS:

1. A method of monitoring computer activity on at least one computer in a network of computers, each of said computer having a display, an input device and access to an Internet, said method comprising the steps of:

selecting a computer in said network;

determining when the computer is on the Internet

periodically and automatically sampling an image on said display of said computer when said computer is on said Internet and storing said sampled image to a database;

retrieving said sampled image from said database; and

displaying said sampled image.

2. The method of claim 1 further comprising the steps of selecting a time period in which said sampled image was sampled and displaying said sampled image.

3. The method of claim 2 wherein said time period is an hour.

4. The method of claim 2 wherein said time period is a minute.

5. The method according to claim 2 further comprising the step of selecting a sampling rate of a number of said sampled image stored per unit of time.

6. The method according to claim 5 wherein said sampled image is sampled at random intervals.

7. The method of claim 2 further including the step of displaying said time period, and wherein said time period is color coded a first color code if there is no sampled image stored for said time period and a second color code if there is a sampled image stored for said time period.

8. The method according to claim 7 further comprising the step of simultaneously displaying a plurality of said sampled images, in thumbnail form, retrieved from said database, and wherein said thumbnail said images are enlargable.

9. The method of claim 8 wherein said time period is selectable to be a third color code which indicates that said sampled image during said time period are of an approvable nature.

10. The method according to claim 9 further comprising the step of automatically deleting said stored sampled images after a pre-determined time period.

11. A method of monitoring computer activity on at least one computer in a network of computers, each of said computer having a display, an input device and access to an Internet, said method comprising the steps of:

displaying:

- a) a list of computers which can be monitored,
- b) a sampling rate field from which a sampling rate per unit of time can be selected in which a sampled image is saved to a database;

- c) a list of days,

selecting a computer from said list of computers;

selecting a sampling rate per unit of time;

determining when said selected computer is on the Internet;

automatically storing said sampled image to said database according to said sampling rate;

selecting a day from said list of days;

displaying a list of hours corresponding to said selected day;

selecting a hour from said list of hours;

retrieving said sampled image that corresponds to said hour from said database;

displaying said sampled image; and

deleting said sampled image from said database after a predetermined time period.

12. The method of claim 11 further comprising the step of displaying each day in said list of days and each hour in said list of hours in a color code wherein a first color of said color code individually identifies that said sampled image exist for said each day and for said each hour.

13. The method of claim 12 wherein said sampled image is displayed in thumbnail form which are enlargeable.

14. The method of claim 13 further comprising the steps of selecting a maximum number of sampled images that can be simultaneously displayed and selecting said predetermined time period in which said sampled image are deleted from said database.

15. The method of claim 14 further comprising the step of displaying a list of minutes corresponding to said selected hour wherein each minute of said minutes is color coded said first color code when no sampled image for said minute is stored and said second color code when said sampled image is stored for said minute and color coded a third color code when there has been no input from said input device during said minute.

16. A method of monitoring computer activity on at least one computer in a network of computers, each of said computer having a display, an input device and access to an Internet, said method comprising the steps of:

displaying a first screen display having

- a) a list of computers which can be monitored, and
- b) a sampling rate field;

displaying a second screen having

a) a list of days including a list of individual days color coded a first color code if there is no said sampled image stored in the database and a second color code if there is said sampled image stored in the database per inch corresponding said individual days,

b) a list of hours including a list of individual hours color coded the first color code if there is no said sampled image stored in the database and the second color code if there is said sampled image stored in the database for reach corresponding said individual hours; and

displaying a third screen having

- a) at least one of said sampled image.